



Handbook for Communication and Problem-Solving Skills Training: A Cognitive-Behavioral Approach (Einstein Psychiatry)

Jeffrey R. Bedell, Shelley S. Lennox

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This book explains the principles of effective communication and demonstrates how techniques adopted from theoretical models like operant learning, classical learning, social learning, and cognitive therapy can be used to enhance the interactive and problem-solving skills of patients. These skills can help patients develop better coping mechanisms and form healthier relationships.

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